

February 2022

# Senior Hi-Lites

Charlevoix County Commission on Aging Newsletter  
 Funding for Charlevoix County Commission on Aging is provided  
 by: Charlevoix County Senior Millage; Michigan Aging & Adult  
 Services Agency; Area Agency on Aging of Northwest MI

## Area happenings

For more information:

**Beaver Island Chamber**  
 (231) 448-2022  
 Main Street  
 Beaver Island, MI 49782  
 beaverislandcommunitycenter.org

**Boyne Area Chamber**  
 (231) 582-6222  
 115 S. Lake St., Suite A,  
 Boyne City, MI 49712  
 boynechamber.com

**Charlevoix Chamber**  
 (231) 547-2101  
 109 Mason Street  
 Charlevoix, MI 49720  
 charlevoix.org

**East Jordan Chamber**  
 (231) 536-7351  
 100 Main Street, Suite B  
 East Jordan, MI 49727  
 ejchamber.org



**THOSE WHO LOVE DEEPLY NEVER GROW OLD; THEY MAY DIE OF OLD AGE, BUT THEY DIE YOUNG.**

### FEBRUARY 2022 NOTABLE DATES

- 1 **Dark Chocolate Day**
- 2 **Groundhog Day**
- 3 **Carrot Cake Day**
- 4 **Wear Red Day**
- 5 **Eat Ice Cream for Breakfast Day**
- 6 **Chopsticks Day**
- 7 **Send a Card to a Friend Day**
- 8 **Laugh and Get Rich Day**
- 9 **Toothache Day**
- 10 **Umbrella Day**
- 11 **Make a New Friend Day**
- 12 **Lost Penny Day**
- 13 **Get a Different Name Day**
- 14 **Valentine's Day**
- 15 **Gumdrop Day**
- 16 **Do a Grouch a Favor Day**
- 17 **Random Acts of Kindness Day**
- 18 **Drink Wine Day**
- 19 **Best Friends Day**
- 20 **Love Your Pet Day**
- 21 **Presidents' Day**
- 22 **Margarita Day**
- 23 **Banana Bread Day**
- 24 **Tortilla Chip Day**
- 25 **Rubber Ducky Day**
- 26 **Tell a Fairy Tale Day**
- 27 **No-Brainer Day**
- 28 **Tooth Fairy Day**

**For more detailed information on things going on at our Senior Centers:**  
 Please call and speak with the Site Coordinator directly or call the COA Office.

## Director's CORNER

Excerpts from Positive intentions to embrace in the year ahead

by Barry J. Jabobs, AARP, December 21, 2021  
 For family caregivers, making New Year's resolutions doesn't have to be the futile exercise of vowing to lose weight and then eating half a chocolate cake on January 3. It can be, as the Serenity Prayer suggests, a call for the courage to change what they can — their mindsets, for instance, when they must accept loved ones' medical situations that they can't change. To get inspired for the coming year, all caregivers should take time in December to think about what's important to them about continuing to be a caregiver and how they can improve their approach to their duties. Here are some possible resolutions for 2022 to consider.

"I will reflect more on the good things I do, rather than on my imperfections as a caregiver."

We all know the cliché that we're our own worst enemies. But many caregivers still believe that if they critique themselves harshly enough, they can vanquish their imperfections. It is by easing up on themselves and relaxing more in their difficult role that caregivers can bring out their best.

Bringing out more of their best requires recognizing the many good things they do. Caregivers should resolve to practice greater self-compassion and to remember each day the powerful impact of their loving care.

"I will spend more time cherishing supportive friends and relatives than dwelling on those who have disappointed me."



Of course, caregivers feel betrayed when people who should be pitching in instead disappear. But if those deserters won't change — and frequently they don't, no matter how much family caregivers implore them — then the question arises, How do disappointed caregivers go forward filled with calm determination, not bitterness? The answer lies in focusing on being grateful for the good people who, sometimes unexpectedly, do step up to help. It could be a neighbor, fellow congregant or distant relative. It could be a miracle-working home health aide. Caregivers should resolve to embrace them this year as literal godsend.

"I will aim for joy."  
 Life's enjoyment doesn't need to end when caregiving begins. In truth, the circumstances of caregiving are often sad and sometimes dire. What finding joy in being a caregiver requires is taking new pleasure in small things — a care recipient's smile, a well-cooked meal from a magazine recipe, accurately filling a pillbox. To resolve to find joy in caregiving is to commit to looking harder for what's good, if ordinary, in life. It can create a way of thinking that will make every day, even after caregiving, more joyful.

## COA Information

**COA Office**  
 218 W. Garfield Ave.,  
 Charlevoix, MI 49720  
 231-237-0103  
 Toll Free: 866-428-5185  
 Fax: 231-237-0105  
 Office open M-F 7:30am-4:30pm

**Main Office Staff:**  
 Amy Wieland, Executive Director  
 Sheri Shepard, Assistant Director  
 Theresa Graham, Office Manager  
 Sally Nye, Database Coordinator  
 Paul Tate, Food Service Manager  
 Kevin Clements, Senior Program Facilitator

**Health Care Services:**  
 Tracey Rupinski, RN, Director of Health Care Services  
 Robin Pugh, RN, CFC  
 Brenda German, CENA  
 Carla Middaugh, Personal Care  
 Arlene Wilson, CENA  
 Kim Crandell, Homemaker  
 Rhonda Whiteford, Homemaker

**COA Advisory Board:**  
 Luanne Reed, Chair; Ed May, Vice-Chair; Aleta Runey, William Cousineau, Cathy Kessler, Sharon Misiak, Secretary/Treasurer, Janet Kalbfell;  
 Shirley Roloff, Board Liaison

**Beaver Island COA Office:**  
**Open M-F 8a-5p**  
 Lonnie Allen, BI County Building & COA Site Coordinator  
 26466 Donegal Bay Road  
 Beaver Island, MI 49782  
 231-448-2124

**Boyne Area Senior Center:**  
**Open M-F 9a-2p**  
 Kathleen Fortune, Site Coordinator  
 Gretchen, Bridget Food Service & HD Meals  
 411 E. Division, PO Box 964  
 Boyne City, MI 49712  
 231-582-6682

**Charlevoix Senior Center:**  
**Open M-F 8a-4p**  
 Vikki Pearsall, Northside Building and COA Site Coordinator, Zack & Kathy Food Service & HD Meals  
 13513 Division Street  
 Charlevoix, MI 49720  
 231-547-3844

**East Jordan Senior Center:**  
**Open M-F 9a-2p**  
 Brenda Skop, Site Coordinator  
 Kelly, Star, Nate Food Service & HD Meals  
 951 Mill Street, East Jordan, MI 49727  
 231-536-7831

**\*\*The Boyne, Charlevoix & East Jordan Senior Centers May - September Wednesday Hours are 2p-7p.**

Visit our Website: [www.charlevoixcounty.org/Commission\\_on\\_Aging](http://www.charlevoixcounty.org/Commission_on_Aging) or our Facebook page "Charlevoix County Commission on Aging"



A MICHIGAN HISTORICAL SITE

## **National Institute on Aging: How Your Heart Changes with Age**

People age 65 and older are much more likely than younger people to suffer a heart attack, to have a stroke, or to develop coronary heart disease (commonly called heart disease) and heart failure. Heart disease is also a major cause of disability, limiting the activity and eroding the quality of life of millions of older people.

Aging can cause changes in the heart and blood vessels. For example, as you get older, your heart can't beat as fast during physical activity or times of stress as it did when you were younger. However, the number of heartbeats per minute (heart rate) at rest does not change significantly with normal aging.

Changes that happen with age may increase a person's risk of heart disease. A major cause of heart disease is the buildup of fatty deposits in the walls of arteries over many years. The good news is there are things you can do to delay, lower, or possibly avoid or reverse your risk.

The most common aging change is increased stiffness of the large arteries, called arteriosclerosis (ahr-teer-ee-o-skluh-roh-sis), or hardening of the arteries. This causes high blood pressure, or hypertension, which becomes more common as we age.

High blood pressure and other risk factors, including advancing age, increase the risk of developing atherosclerosis (ath-uh-roh-skluh-roh-sis). Because there are several modifiable risk factors for atherosclerosis, it is not necessarily a normal part of aging. Plaque builds up inside the walls of your arteries and, over time, hardens and narrows your arteries, which limits the flow of oxygen-rich blood to your organs and other parts of your body. Oxygen and blood nutrients are supplied to the heart muscle through the coronary arteries. Heart disease develops when plaque builds up in the coronary arteries, reducing blood flow to your heart muscle. Over time, the heart muscle can become weakened and/or damaged, resulting in heart failure. Heart damage can be caused by heart attacks, long-standing hypertension and diabetes, and chronic heavy alcohol use.

### **Age can cause other changes to the heart. For example:**

There are age-related changes in the electrical system that can lead to arrhythmias—a rapid, slowed, or irregular heartbeat—and/or the need for a pacemaker. Valves—the one-way, door-like parts that open and close to control blood flow between the chambers of your heart—may become thicker and stiffer. Stiffer valves can limit the flow of blood out of the heart and become leaky, both of which can cause fluid to build up in the lungs or in the body (legs, feet, and abdomen).

The chambers of your heart may increase in size. The heart wall thickens, so the amount of blood that a chamber can hold may decrease despite the increased overall heart size. The heart may fill more slowly. Long-standing hypertension is the main cause of increased thickness of the heart wall, which can increase the risk of atrial fibrillation, a common heart rhythm problem in older people.

With increasing age, people become more sensitive to salt, which may cause an increase in blood pressure and/or ankle or foot swelling (edema).

Other factors, such as thyroid disease or chemotherapy, may also weaken the heart muscle. Things you can't control, like your family history, might increase your risk of heart disease. But, leading a heart-healthy lifestyle might help you avoid or delay serious illness.

### **Check Your Blood Pressure**

As you get older, it's important for you to have your blood pressure checked regularly, even if you are healthy. This is because aging changes in your arteries can lead to hypertension. You may feel fine but, if not treated, high blood pressure could lead to stroke and problems with your heart, eyes, brain, and kidneys. To manage high blood pressure, exercise, dietary changes, and reducing your salt intake can help, but as aging changes in the arteries often cause high blood pressure in older age, medication is often necessary. It is not uncommon to need more than one medication to control your blood pressure.

### **Medical Tests for Heart Disease**

Your doctor will check your blood pressure and do a fasting blood test to check your cholesterol, a type of fatty substance that can contribute to plaques in your arteries. He or she might also do a blood test to check the levels of proteins that are markers of inflammation in the body and suggest you have an electrocardiogram (ECG or EKG). This test looks at electrical activity in your heart. A chest x-ray will show whether your heart is enlarged or your lungs have fluid in them; both can be signs of heart failure. The doctor might do a blood test for brain natriuretic peptide (BNP), a hormone that increases in heart failure. If the cardiologist needs to determine your heart or valve function, he or she may order an echocardiogram, a painless test which uses sound waves to produce images of your heart in motion.

## **WE Love our Veteran's!**

**Charlevoix County Veterans Affairs reminds all veterans, and widows/surviving spouses to contact the Veterans Affairs office to schedule an annual VA file review appointment.**

**During this appointment, you will meet with a CVSO (in our new offices and with either Josh or Kaylee) and update your VA file, review past/present claims, and answer any questions you may have.**

**For attending this appointment, you will be eligible to receive a \$50 Meijer Food voucher.**

# ALL Charlevoix County Senior Center Menus

## All Senior Center Locations Menu February 2022

COA Phone: 237-0103

Charlevoix Senior Center: 547-5361 East Jordan Senior Center: 536-7831

Boyer Area Senior Center: 582-6682

Monday	Tuesday	Wednesday	Thursday	Friday
ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	1. Baked Potato with Cheese, Home Made Chicken Chili, Sour Cream Cup, Fruit <i>AM Veteran Social Baking</i>	2. <b>Groundhog Day</b> Mom's Meatloaf, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	3. Chicken Pot Pie topped with flakey phyllo, Stew Vegetables, Diced Potatoes, Fruit	4. <b>Wear Red Day</b> Cook's Choice, Potato, Mixed Vegetable, Fruit
7. Sloppy Joe with Cheese, Pretzel Bun, Potato Wedges, Vegetable, Fruit	8. <b>Laugh &amp; Get Rich Day</b> Sweet & Sour Chicken over Rice, Oriental Vegetables, Egg Roll, Fruit	9. Baked Pork Chop w/ Creamy Mushroom Gravy, Seasoned Potatoes, Fresh Vegetable, Fruit	10. <b>Umbrella Day</b> Bacon Cheese Burger Square Pizza, Lettuce & Tomato, Pasta Salad, Fruit	11. Roasted Turkey Dinner, Mashed Potatoes, Turkey Gravy, Fresh Vegetables, Fruit
14. <b>Valentine's Celebration</b> Open Faced Roast Beef Sandwich on Garlic Toast with Beef Gravy, Scalloped Potatoes, Vegetable, Fruit <b>Special Dessert</b>	15. BBQ Pulled Pork Plate, Cole Slaw, Tater Tots, Vegetable Medley, Fruit <i>AM Veteran Social Baking</i>	16. <b>Do a Grouch a Favor Day</b> Beef & Bean Burrito with Enchilada Sauce, Spanish Rice, Roasted Corn, Fruit	17. Grilled Ham & Cheese Sandwich, Home Made Chicken Noodle Soup, Oyster Crackers, Fruit	18. <b>Mardi Gras Celebration</b> Shrimp & Grits, Sauteed Diced Tomatoes and Onions, Fruit
21. <b>Presidents' Day</b> Warm Beef & Cheddar Tortilla Wrap, Baked Beans, Home Made Onion Soup, Fruit	22. Chicken Breast Supreme, Stuffing, Gravy, Au-Gratin Potatoes, Fresh Vegetable, Fruit <i>AM Veteran Social Baking</i>	23. <b>Banana Bread Day</b> Vegetable Lasagna, Fresh Vegetables, Garlic Bread, Fruit	24. Ground Sirloin w/ Sauteed Onions, Mashed Potatoes & Gravy, Fresh Vegetables, Fruit	25. <b>Rubber Ducky Day</b> Cook's Choice, Potato, Mixed Vegetable, Fruit
28. <b>Tooth Fairy Day</b> Breaded Chicken Fritters, Honey Mustard Cup, Tater Tots, Garden Vegetable, Fruit	<b>If Centers are Closed there will be no Veteran Social Baking.</b>	<b>We will be providing Homemade Soups as often as the supply chain allows us to.</b>		

### Charlevoix County Senior Centers

ALL of the Senior Centers, Charlevoix, East Jordan and Boyne Area are CLOSED to the public at this time due to the continued High Transmission Rate of COVID 19 and high positivity rate. We will keep you posted when we reopen fully. We are still providing all of our regular services, just a bit differently again.

Please be patient with us. We are trying to protect both our staff and our aging adults. If we have no staff to provide our services to our aging adults because they are sick, our aging adults suffer twofold.

It is important that we all do our part to make reopening possible again and successful. PLEASE, if you are not feeling well, stay home. Wash your hands often. Get the COVID-19 vaccine.

BUT...WE HAVE STARTED TO ADD IN SOME VERY LIMITED ACTIVITIES WITH SPECIAL PARTICIPATION CONSIDERATIONS IN AN EFFORT TO HELP BATTLE ISOLATION AND LONELINESS IN OUR AGING ADULTS

In-person Activities will be done by reservation only  
Mask will be mandatory to participate with In-person Activities

Various Options provided that are site dependent are:  
Physical Exercise: Beginners Pickleball, Pickleball, Tai Chi, Yoga, Chair Yoga, Exercise, Walking

Entertainment Activities: Bible Study, Bridge, Monjong, Crafts, Mexican Poker, Card Bingo, Texas Hold-em, Bingo, Rummikub, Farkle, Rollzee, Puzzles, Cards and any other fun activity you would like to share.

Please Contact your Site Coordinator for dates and times of these special Participation Activities.

Charlevoix Senior Center Participants, to reserve your time slot please contact Vikki at: (231) 547-3844  
East Jordan Senior Center Participants, to reserve your time slot please contact Brenda at: (231) 536-7831  
Boyer Area Senior Center Participants, to reserve your time slot please contact Kathleen at: (231) 582-6682

### It's That Time of Year Again ... Tax Season but don't panic as we can give you a GREAT resource!

The Northwest Michigan Community Action Agency wants you to give yourself a break and let them file your taxes for FREE!

Starting January 31st, our virtual tax prep experts will accept all paperwork through face to face, mail, email or at one of our drop boxes in Traverse City, Petoskey, Honor, Charlevoix or Cadillac. Please call us (1-800-632-7334 extension 3) for the required intake paperwork and check list or visit nmcaa.net/taxes to download it yourself!

Or upload your taxes to: [getyourrefund.org/NMCCA](http://getyourrefund.org/NMCCA). We will take care of the rest! If you have any questions, please call 1-800-632-7334 extension 3.

This program will be available through the end of May 2022.

You also have the option of doing your taxes yourself through this FREE program. It's an easy, fast, self-facilitated program backed by H&R Block, the IRS, and the United Way.

[myfreetaxes.com](http://myfreetaxes.com) offers FREE file for simple returns and low fee file for self-employed returns.

### Enjoying Romantic Love in Older Age

Romance is still a big part of most peoples' lives and it doesn't stop at any age.

Whether with their original spouses or remarried, our parents are used to sharing their lives with someone for companionship and true love during their golden years.

In fact, recent studies of romance among older adults may surprise you: A National Poll on Aging from the University of Michigan found that 72% of those 65–80 years old reported having a current romantic partner.

An AARP survey of 800 older women in Southern California found that those under 55 and over 80 were most likely to say they were satisfied with the romance in their lives.

### A Few Examples of Real-Life Romantic Love in Later Years

When my wife's mother died, my father-in-law moved to Leisure World in Southern California. Because he was a spry 71, had a heartbeat, a condo, and a car, he was soon on the receiving end of the "casserole brigade" -- widows on the hunt for their next husband.

A year later, he met and quickly married a younger woman at Leisure World. They didn't have much in common, so that relationship only lasted a few months.

Later that year, he met another woman at a weekly bridge game. They were a much better match and were married for 15 years until he passed.

A friend of my mother was married four times in her 60s and 70s. Ironically, the fourth husband was the funeral director who she had grown to know after planning the final rights for her first three husbands.

Author: a former co-caregiver, Rick Laube from Home Care Assistance

### Beaver Island Activities and Update

Contact Lonnie at the BI COA for more information at (231) 448-2124 or Email to allenl@charlevoixcounty.org

### Beaver Island Wellness Check Program

The Charlevoix County Commission on Aging and the Charlevoix County Sheriff's Department are collaborating their efforts on Beaver Island with respect to the safety and wellness of our Seniors on Beaver Island. The COA has created a program with the Sheriff's Department that will provide free, periodic wellness checks for aging residents of Beaver Island, aged sixty (60) and older due to the limited resources on the island.

### Voucher Meal Program

Available at Dalwhinnie's, The School, and the Shamrock at this time.

Please call Lonnie for all the Other Beaver Island Fun February Activities planned like the Tai-Chi, Strength Training, BINGO, Crafts and More! All events are tentative due to current COA Covid restrictions.

Reminder: The BI Meal Voucher Program is for Charlevoix County Tax Paying Seniors, 60 years old and older only.

## Just for fun

### Valentine's Day Word Search

Circle each word in the Valentine's Day word search puzzle below.



X	P	I	N	K	N	H	S	N	U	O	T	G	N	L	T
E	O	I	G	Y	T	E	E	Y	V	N	C	C	U	I	C
G	E	N	I	T	N	E	L	A	V	U	E	O	E	H	G
N	M	F	F	O	N	B	T	O	R	D	R	R	O	F	K
E	Y	N	T	P	M	S	E	C	K	T	X	C	R	N	S
V	E	N	S	P	N	M	U	O	E	M	O	E	S	M	R
O	O	X	K	S	N	P	W	C	O	L	I	R	O	S	E
L	A	E	A	B	I	D	N	U	A	D	C	S	N	E	W
I	C	A	R	D	T	K	U	T	K	N	Y	T	E	F	O
E	N	E	U	Z	A	I	E	H	U	N	D	Z	H	U	L
M	V	B	L	E	M	N	O	L	G	M	V	Y	O	N	F
K	S	W	E	E	T	H	E	A	R	T	A	F	S	I	R

- |              |              |                |
|--------------|--------------|----------------|
| 1: HEART     | 6: POEM      | 11: FLOWERS    |
| 2. CUPID     | 7. CHOCOLATE | 12. PINK       |
| 3. CARD      | 8. CANDY     | 13. SWEETHEART |
| 4. VALENTINE | 9. KISS      | 14. GIFT       |
| 5. LOVE      | 10. ROSE     | 15. HUG        |